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Nota di bibliografia	Includes bibliographical references and index.
Nota di contenuto	Chapter 1. Reasons for choosing a vegetarian diet -- Chapter 2. Vegetarian diet and your health.
Sommario/riassunto	A growing number of Australians are adopting alternative diets to improve their health or address ethical concerns. As a dietary choice, vegetarianism attracts interest and debate over its responses to environmental sustainability, health and animal cruelty. There are many different forms of vegetarianism (including veganism), and many reasons why people choose a vegetarian lifestyle. This book presents a range of information, much of it contributed by organisations which advocate vegetarianism. What benefits does a vegetarian diet have over one which includes meat? How are the nutritional needs of vegetarians met, particularly among children and young people? What are the facts and myths surrounding vegetarian and vegan diets?